Downtown Winnipeg Spring & Summer Guide

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SOMETHING SO SPECIAL ABOUT SUMMER IN THE PEG

Friends! I don't know about you, but I'm so excited for summer. While all seasons in Winnipeg offer their own experiences, there's something so special about summer in The Peg.

This summer, along with our beautiful green landscape, the warm weather and the allure of festivals and events, there's even more to celebrate, enjoy and experience in the coming months in Winnipeg. What are you looking forward to most?

I can't wait to see you on the patio! I love to eat, drink and socialize and there are some incredible patios to hit up downtown for great views and great food. While I love to take in Winnipeg's culinary scene all year, working on my tan and spending time outside (even if there are mosquitos) is always my favourite. Did you know that you can try out some of my favourite patios on a Patio Crawl Tour? Check out all of the tours and the stops at downtownwinnipegtours.com. Did I mention there's also a beer, a wine, a brunch and a moveable feast tour? Fun!

If you're a foodie like me, you'll also love all of the downtown festivals and events as food is always a big part, along with the music and entertainment.

On the subject of entertainment, have you checked out The Forks lately? There are always talented buskers, great local shopping, events and so much more happening there. While it's always bustling, the space is so peaceful too when I just hang out by the docks and look out onto the water. If you haven't done it yet, I highly recommend getting on the water with the River Spirit Water Bus or the Splash Dash Tours at the docks at The Forks!

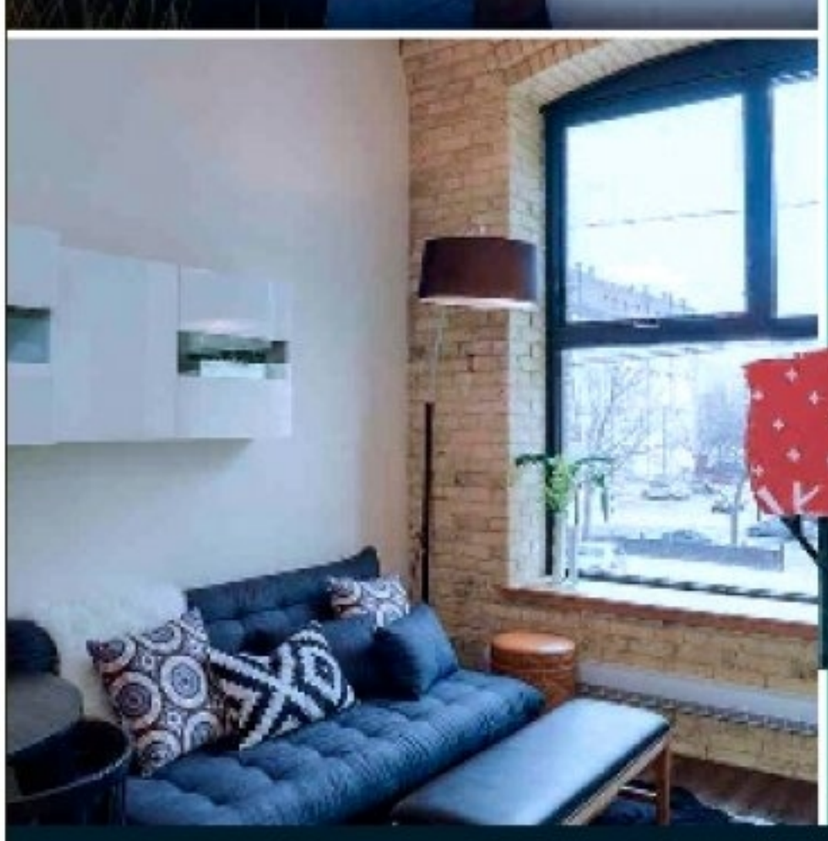
This is an extra special summer too, as we have lots to celebrate. As a city, we're all looking forward to welcoming athletes, coaches, family, friends and spectators from across Canada for the 50th Annual Canada Summer Games. Celebrating another special milestone this year, Canada 150 activities will hold extra special meaning as we officially celebrate on July 1 with events throughout the downtown.

I'm always in awe of and grateful for the event producers who choose to share their passions and talents with Winnipeg, creating unique festivals and events that we can all enjoy! It's going to be such a good summer of dining, shopping and being entertained downtown. Many of my favourite events return this year and I invite you to check them all out.

Whatever you get up to this summer, I hope that you grab your family and friends and become a tourist in your own city! There's definitely not a lack of things to do! Download the Culture Card app for even more activities and savings. Pick up your Winnipeg Pass and the new Foodie Pass for more ideas and discounts on what to do. Find a full events calendar that highlights the events downtown at downtownwinnipegbiz.com — check back often for all of the updates!

For even more inspiration from your fellow Winnipeggers, search the hashtag **#finditdowntown** on Instagram and add your stories and photos to the conversation. Check out my blog at downtownpeggy.com for even more of my favourite things to do downtown and you can also find me at @downtownpeggy on Twitter, Instagram and Facebook!
Happy Summer!

DOWNTOWN Peggy



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CELEBRATE CANADA'S BIRTHDAY IN THE CITY

July 1 is always a special time for Canadians. But this year, Canada Day holds extra special meaning as we celebrate the 150th anniversary of Confederation. Looking for fun ways to celebrate all things Canadiana? Read on!

201 Portage Canada Day Living Maple Leaf – July 1

Portage & Main, 8-10 a.m.

Tens of thousands of people have come together on Canada Day over the years to create the Canada Day Living Flag in several locations around the downtown.

This year, the annual Canada Day event takes over the iconic intersection of Portage and Main from 8-10 a.m. on Saturday, July 1.

Everyone is invited to start celebrating Canada Day with the Downtown Winnipeg BIZ in the heart of Winnipeg as together we create a living maple leaf. This family-friendly event is open to everyone! The Dirty Catfish Brass Band will once again entertain the crowd, plus some special guests, so come for 8 a.m. to dance and enjoy!

The first 2,500 people will receive an official 201 Portage Canada Day Living Maple Leaf shirt and we ask that you wear red to this event.

downtownwinnipegbiz.com/programs-services/events/canada-day-living-flag

Carbone Block Party — June 30 and July 1

Carbone – 260 St. Mary Avenue, 8 p.m. – 1 a.m. Entry is free before 10 p.m. and $10 after.

You're invited to the second annual Canada Day Music Festival & Block Party at Carbone Downtown. There's a 500-person beer garden, live DJs, live bands and, of course, great pizza. You'll find it all in the entire block behind the building. Watch Carbone's Facebook page for more details

facebook.com/carboneevents

Winnipeg Goldeyes vs. Sioux Falls

Shaw Park – 1 Portage Ave E., 4 p.m.

The Winnipeg Goldeyes host the Sioux Falls Canaries on Canada's 150th Birthday at the ballpark with a special start time of 4 p.m. Via Rail Canada will also be giving away a train trip for two to Jasper, Alta. Come and cheer on your Winnipeg Goldeyes, the 2016 American Association Champions! Check out their website for ticket information.

goldeyes.com

Canada Day at The Forks

The Forks, all day/evening

The Forks has been a meeting place for more than 6,000 years, so you can bet Canada 150 celebrations on site will be spectacularly festive!

Tons of free, family-friendly programming is on the line-up with five stages offering entertainment all day long under the canopy, on the barge, in the skatepark, at Oodena Celebration Circle and of course, headliners at the Festival Stage. A stunning fireworks spectacle will cap off the day of celebrations at 11 p.m.

Bonus: A bike valet will be on site all day for you to store your bikes, helmets and gear.

Check out The Forks for more details about Canada 150 celebrations.

theforks.com

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WINNIPEG BIZ

TOP 8 THINGS TO DO DOWNTOWN THIS SUMMER

This summer is jam-packed with exciting things to do downtown! Get the most out of the summer months by planning early and enjoying the beautiful outdoors. Here are the top eight things to do in downtown Winnipeg this summer

Downtown Farmers' Market

Here's a chance to get all your favourite, fresh and local items. With more than 70 unique vendors, the Downtown Farmers' Market provides a variety of fruits and vegetables, baking, preserves, meat, cheese, crafts, jewelry, and other food and artisan items. Markets run every Thursday from 10 a.m. to 3 p.m. , June to September at Manitoba Hydro For more information, visit downtownwinnipegbiz.com.

Winnipeg BBQ & Blues Festival

The 6th annual Winnipeg BBQ & Blues Festival, presented by 680 CJOB, will take over Smith Street in front of the Burton Cummings Theatre from August 11 – 12 and will feature the best in international, national and local blues performers, along with a food and beverage garden and retail vendors. For more information, visit winnipegbbqandblues.ca.

Flatlander's Beer Festival

Come down to the MTS Centre from June 9 - 10 to experience the largest beer festival in the province. The festival has expanded to include the full concourse to increase space for booths and minimize lineups! What pairs better with some of the world's finest cuisine, than Winnipeg's best food trucks!
To learn more, visit flatlandersbeerfest.com.

TD International Jazz Festival 2017

Downtown Winnipeg comes alive with 11 days of the outstanding live music from today's best local, national and international artists. From June 15 – 25, more than 40,000 music fans will fill the heart of the city to enjoy exceptional music from exceptional artists! Now in its 28th year, the festival is the largest downtown music event in Winnipeg. For more information, visit jazzwinnipeg.com.

Aboriginal Day Live 2017

Aboriginal Day Live will kick off on June 21 at the Forks at the Celebration Village where free and fun activities have been designed for the enjoyment of all families. Local organizations, partners, performers and artisans will unite to present music and dance performances, traditional demonstrations, children's activities and more. A free evening concert will follow. For more information, visit aboriginaldaylive.ca.

2017 Canada Summer Games

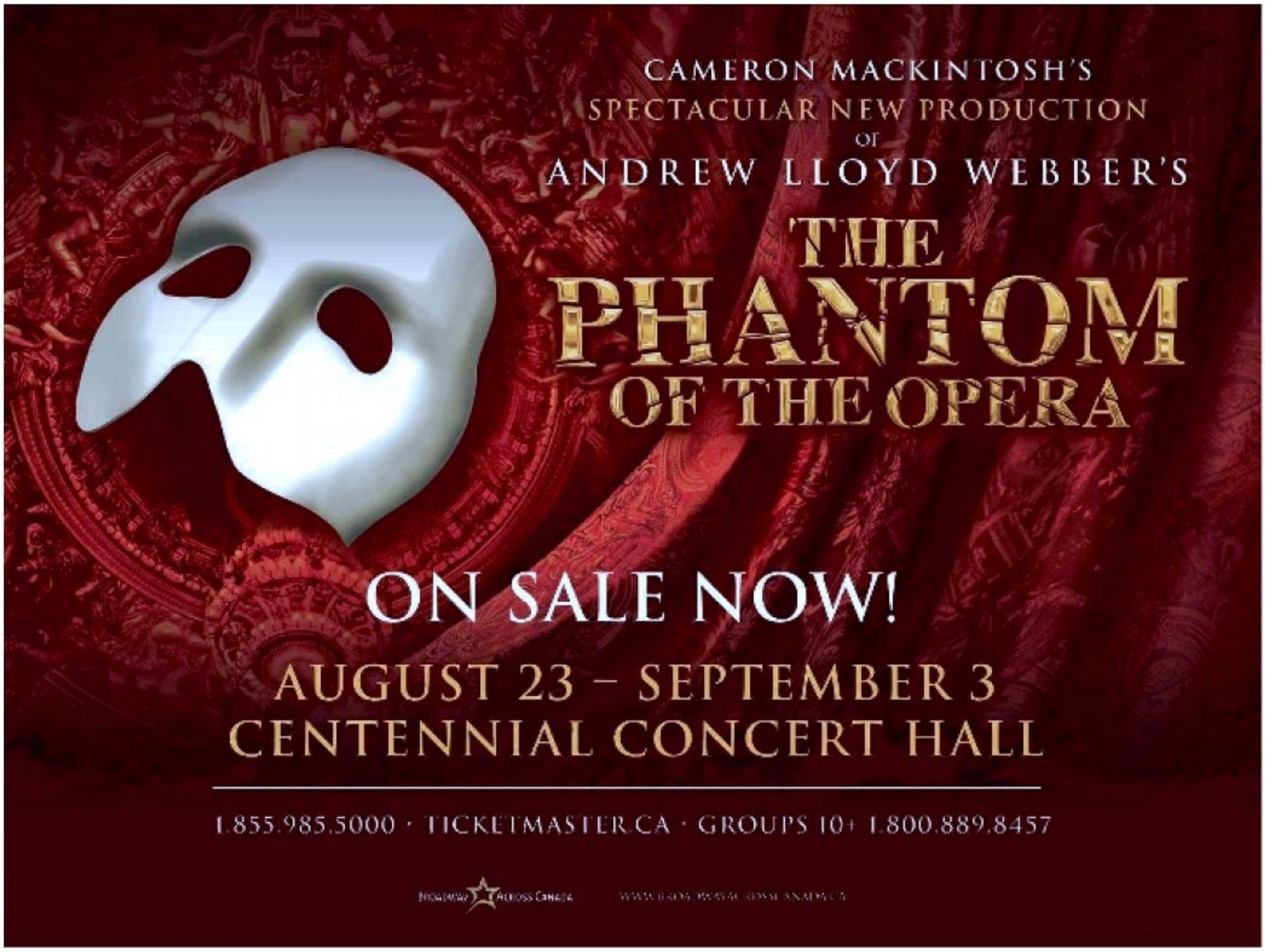
The 2017 Canada Summer Games are coming to Winnipeg, just in time for their 50th anniversary. Winnipeg will host the Canada Summer Games from July 28 – Aug. 13. Enjoy some of the Games at various downtown locations and the Games' festival at The Forks, where families will celebrate The Hottest Summer in Half a Century with live music, dancing and cultural activities. For more information, visit 2017canadagames.ca.

Downtown Concert Series

Winnipeg is definitely a festival-friendly city and the Downtown Concert Series brings that energy to the city centre! This year, people in the downtown area will get to enjoy free concerts at three different locations over the lunch hour (noon to 12:45 p.m.), featuring new local artists and returning favourites! For a complete list of artists, dates and locations, visit downtownwinnipegbiz.com.

Interstellar Rodeo

The Interstellar Rodeo is an intimate, taste-making music festival, which will be held for the third time in Winnipeg at The Forks from August 18 – 20.
With its stellar artistic line-ups, unique wine pairings and gourmet food trucks, Interstellar Rodeo has quickly become a main summer staple of entertainment in Winnipeg. For more information, visit intersellerrodeo.com.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Explore Winnipeg like never before

Discover downtown in a whole new way with six unique tours that showcase the incredible selection of restaurants that downtown has to offer. Learn more about downtown's history while also checking out new developments that are changing the city's core.

The Breakfast Club Tour: Join the early birds for a mobile Sunday brunch at The Breakfast Club Tour. Tours run on Sundays from 9 a.m. - 12 p.m. and include breakfast samplings at four restaurants, such as Café Bella, Prairie 360, The Fyxx, The Original Pancake House, Blaze Restaurant, Resto 12 and Era.

Tap In Tour: Test out Winnipeg's favourite watering holes on the Tap In beer tour! Tours run from 5:30 p.m. – 10 p.m. and include beer and menu samplings at three to four different restaurants, such as Carbone Coal Fired Pizza, Garbonzo's Pizza Pub, The Garrick Hotel, Rudy's Eat & Drink, Shannon's Irish Pub, Izakaya Edokko and Moxie's Restaurant and Lounge.

The Moveable Feast Tour: Take in the gorgeous views of some of downtown's most iconic buildings, architecture and places on a four-hour bike ride, while enjoying great eats from local downtown restaurants. This tour runs from 5:30 p.m. – 10 p.m. and includes menu samplings from five different restaurants, such as Café 22, Carbone Coal Fired Pizza, East India Company, Garbonzo's Pizza Pub, Little Sister Coffee Maker, Oh Doughnuts, Promenade Cafe & Wine, Shannon's Irish Pub, Thom Bargen and White Star Diner.

Patio Crawl: Summer nights are a hot commodity — one patio is never enough! Grab your friends, soak up the sun and sip your favourite drinks on the Patio Crawl Tour. This tour runs from 5:30 p.m. – 10 p.m. and includes menu samplings from restaurants, such as Carbone Coal Fired Pizza, Earls, Rudy's Eat & Drink, The Keg, The MET and Moxie's Restaurant & Lounge.

Winnipeg Wine Tour: Explore the wine lists of some of Winnipeg's top downtown restaurants and sample delectable food pairings with this guided tour. This tour runs from 5:30 p.m. – 10:30 p.m. and includes stops at downtown's top fine dining restaurants, such as Blaze Restaurant & Lounge, Carne Italian Chophouse, Prairie 360, Resto 12, Smith Restaurant, The Merchant Kitchen, The MET and The VG Lounge.

Downtown Flashback Tour: This free noon-hour walking tour takes you back to when downtown Winnipeg had a very different look. Compare then and now by taking a peek through a Viewmaster and learn a bit about what's shaped the downtown we see today. Tour runs from 12 p.m. – 1 p.m.

For a complete listing of downtown tours including dates and featured restaurant stop, and to purchase tickets, visit downtownwinnipegtours.com

Winnipeg metro

WEDNESDAY, MAY 31, 2017 | High 24°C/Low 11°C Sunny

FOCUS ON MMIW

'PLEASE — PLEASE SEE THIS THROUGH'

Day 1 of the national inquiry

metroNEWS

HOCKEY NIGHT *at* BELL MTS PLACE

Rebranding gets mixed reviews metroNEWS

Rendering of the downtown arena with its new signage. COURTESY TRUE NORTH SPORTS

Labour talks hanging over Summer Games

CITY WORKERS

Mayor focuses on negotiations, not impact of potential strike

Braeden Jones
Metro | Winnipeg

How city workers vote next week could impact Winnipeg's summer in the spotlight, as the city's largest union may choose to strike.

On June 6, members of the Canadian Union of Public Employees (CUPE) Local 500 will gather to discuss the most recent offer from the city.

A rejection would trigger an automatic strike mandate, after which 5,070 employees, including park staff, maintenance workers, and recreation centre employees, would walk off the job within weeks of the Canada Summer Games kicking off at the end of July.

CUPE has been without a contract since Christmas, but on June 7 they'll decide to either accept or reject the deal on the table.

Mayor Brian Bowman did not say he was concerned about that strike potential on Tuesday, despite how it might affect the city's ability to host the games.

"Right now we are very focused on negotiating a settlement," he said. "We need to do that, regardless of what events may or may not be happening in the city on any given summer."

Bowman's priority was honouring the process and keeping "bargaining at the negotiating table," but he also offered some insight into the offer workers will consider next week by referencing the contract that was recently negotiated with Winnipeg firefighters.

CUPE Local 500 president Gord Delbridge said the union doesn't want to strike before the Canada Summer Games.

"We're going to do everything to avoid it and just get an agreement."

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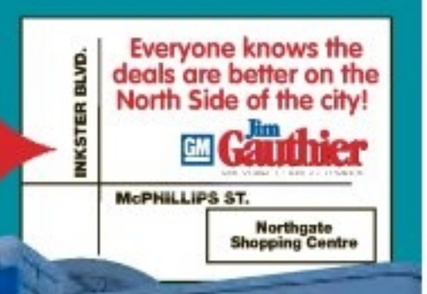

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Chopper up in air

Council DIGEST

Transit safety

Winnipeg's Infrastructure and Public Works Committee unanimously supported a number of new transit safety measures Tuesday.

The committee referred four recommended improvements to the 2018 budget process, including the hiring of five new full-time employees to provide security on buses and crack down on fare evasion.

School zones

The committee also rejected a motion to alter signs and bylaws to cease ticketing for speed infractions in 30 km/h school zones on holidays, despite Coun. Shawn Dobson's insistence the practice is a "cash grab."

Councillors debated whether they should change the rules, but in the end opted against it, as Coun. Marty Morantz said, "not every holiday is a school day," which presented the "potential for confusion."

U-Pass exemptions

Some students who live outside the transit service area but inside the perimeter may gain the ability to opt out of the universal bus pass program next fall. The IRPW committee referred a motion to create an extra exemption for such students to the 2018 budget process.

LAW ENFORCEMENT

Review, funds for police helicopter uncertain

Braeden Jones
Metro | Winnipeg

Both the future of the Winnipeg police helicopter and a review to test whether it's worth funding are up in the air.

The province agreed to cover annual operating costs when the city bought the aircraft known as AIR 1 in 2010, which in its first year required $1.2 million to run.

Those costs increased to $1.9 million in 2016, up from $1.8 million in 2015 and much like increases seen in the four years prior.

But in April, when the Progressive Conservative government tabled its budget, it also introduced a "single basket" funding model that changes how the city will receive financial support.

Over a month later, Mayor Brian Bowman still can't say for certain if that means less money for this year or future years, or if it will be sufficient to keep AIR 1 airborne.

A police helicopter flies past the Tower of Hope at the grand opening of the Canadian Museum For Human Rights.
JOHN WOODS/THE CANADIAN PRESS

On Tuesday, he told reporters that figuring out what kind of provincial support the city should expect to operate AIR 1 is still "one of the questions that we are waiting to hear from the province on."

If the city needs to pick up part of the bill, the helicopter's flight time could be reduced, or it may not be feasible to continue operating at all.

The police service's annual report released Monday noted 175 instances in 2016 alone that AIR 1 directly helped identify or apprehend a person of interest.

"If it were not for AIR 1, these apprehensions could not occur at the time," the report said.

At a media availability Monday, police expressed some interest in conducting a detailed cost-benefit analysis.

Before the last provincial election, it seemed as though they wouldn't have to: The former NDP government had committed to conduct a review. But once the Tories took over, they backed away from that commitment.

Bowman said he's flown in the helicopter and "seen the benefits of it," but added, "whether or not that return on investment is a good use of tax dollars" should still be evaluated.

"Is it the best return on investment for the monies that are made available to the Winnipeg Police Service? That's a question I think should be best answered through an independent review."

Whether the study is conducted in-house or contracted out is going to be a decision for the police service and police board.

Police Board chairperson David Asper could not be reached for comment late Tuesday.

INFRASTRUCTURE

Bowman weighs in on bike grid

Mayor Brian Bowman is setting off for the Big City Mayors' Caucus meeting in Ottawa this week, where he'll sit on a panel with his colleagues from the west, Mayors Gregor Robertson, Don Iveson and Naheed Nenshi.

They're not meant to discuss cycling, but among that company, Bowman is the lone leader who hasn't fast-tracked the expansion of downtown bike lanes. On Tuesday, after the current and former chair of Winnipeg's public works committee traded jabs over the former's attempt to get a downtown adjustable grid fast tracked — in vain — Bowman weighed in on the concept, and whether or not Winnipeg is late to the game Vancouver, Edmonton and Calgary are already playing.

"I don't agree we are falling behind, we are actually playing catchup significantly," Bowman said. He explained this current council "inherited" poor active transportation (AT) infrastructure, but noted progress has already been made during his tenure.

Even with that plan, AT upgrades in Winnipeg are tied to road renewal in most cases, far from the quick turnaround pushed for by big-city mayors he's meeting with this week.
BRAEDEN JONES/METRO

‘Pretty cool’ or ‘dumb name’?

Reactions to Winnipeg’s newly named Bell MTS Place arena.

Michelle Bailey
For Metro | Winnipeg

It was inevitable.

That seems to be the initial reaction to Tuesday’s news that MTS Centre has been rebranded and will now be known as Bell MTS Place.

“I don’t think anyone who lives in Manitoba or any Canadian doesn’t know the name Bell,” said Mark Chipman, executive chairman of True North Sports and Entertainment. “It’s wonderful to be able to put Alexander Graham Bell’s name on the building.”

There are four years remaining in the existing naming contract True North signed with MTS before the telecom company was bought out by Bell, a $3.9-billion deal that became final two months ago. Chipman said the contract will stay as is.

The signage that bears the current name of the downtown arena, which officially opened Nov. 16, 2004, will come down over the summer and be replaced with new signage in time for the 2017-18 NHL and AHL season.

When asked what they thought of the change, people walking near the home of the Winnipeg Jets and Manitoba Moose didn’t appear too surprised.

“It was only a matter of time,” said Dave Parker.

“I think it’s kinda sad,” said Alexis Johnston. “The name is going to change, but I think people will still call it MTS Centre.”

“It is too bad that it has to change because it’s been known as MTS Centre since the beginning,” said Diane Hildebrand.” People don’t have much choice in the matter, though, so we’ll just have to put up with the new name.”

Twitter users, meanwhile, gave the new name mixed reviews.

The arena hosts over 140 events a year and has received international attention for being a premier venue.

“We’re proud to have our name on a place that’s recognized for delivering one of the best sports and entertainment experiences in Canada for fans,” said George Cope, President and CEO of Bell Canada who was in the city for the announcement made prior to his appearance at a Winnipeg Chamber of Commerce luncheon.

The arena isn’t the only structure that will don a new moniker. True North’s hockey training facility in Headingley that houses four regulation size rinks and is used by the Jets and Moose will be renamed Bell MTS Iceplex.

According to an MTS spokesperson, no decisions have been made as to what the company’s headquarters at Portage and Main will be called.

Presently, the buildings are known as MTS Place which would conflict with the new name for the arena.

The home of the Winnipeg Jets has a new name, Bell MTS Place, after Bell Media acquired Manitoba’s telecommunications provider. CONTRIBUTED/TRUE NORTH SPORTS

i am refusing to call the mts centre bell mts place
@_juliawellss

Bell MTS Place is too much of a mouthful. I’ve been trying to put it into sentences but I hate it. Too wordy
@brittdales

Tuesday afternoon Just heard about the news. MTS Centre is going to be change to Bell MTS Place. Pretty cool name.
@RusselDulayKR

Bell MTS Place.... really? @NHLJets @mtscentre What’s next, The Burton Cummings Center?
@TylerDelPino

No one will call it “place”. Dumb name. What is wrong with BellMTS Centre? I like place names, not ones named place
@cowboy_bob

***whispers* I actually don’t mind Bell MTS Place.**
@srossburns

True North’s hockey training facility in Headingley — used by the Jets and Moose — will be renamed Bell MTS Iceplex.
CONTRIBUTED/TRUE NORTH SPORTS AND ENTERTAINMENT

INFRASTRUCTURE

Providers have to meet demand for mobile use: Bell CEO

Internet and mobile providers must invest in infrastructure to keep up with a booming consumer appetite for entertainment both at home and on the go, Bell Canada Enterprises CEO George Cope said Tuesday.

High-speed mobile data usage is up 37 per cent from just last year, while the amount of data streaming over the Internet has more than quadrupled in five years, Cope told the Winnipeg Chamber of Commerce.

“The incredible growth we’re seeing in wireless, we think it’s going to continue. Video on wireless is clearly just an explosion,” Cope said.

“We have to stay ahead of the capacity requirements to make sure the country’s economy itself is running on the back of all these networks. But, also, we have to increase the speeds of these services because of ... the amount of usage that we’re seeing.”

Bell is on track to invest $20 billion in its networks over a five-year period that ends in 2020, Cope said, and competitors are also spending money to meet a growing demand for speed and reliability.

“Video on wireless is clearly just an explosion.
CEO George Cope

Providers everywhere have faced sweeping changes in consumer habits.

A report last month by the Convergence Research Group estimated that TV subscriptions in Canada will drop by 247,000 this year, up from 220,000 subscriber losses in 2016. Last year marked the first time Canadians spent more on Internet access than on TV subscriptions, according to the CRTC.

Cope’s speech followed the recent completion of Bell’s $3.9-billion takeover of Manitoba Telecom Services.

The company has promised to spend $1 billion over five years on improvements in Manitoba such as bringing LTE-Advanced mobile service, which could double existing speeds.

Critics, however, have said prices are likely to rise now that low-cost MTS has been swallowed up.

As part of the takeover deal approved by regulators, more than 100,000 MTS wireless customers are being sold to Telus. Cope said both companies will be vying to keep or regain their customers.

“Once customers have moved to where they’re going to be, then it’s an open market and it’ll be a competitive market.”

THE CANADIAN PRESS

Pride 30FOR30

Burkowski's personal Pride

Barb Burkowski is a former chair of Pride Winnipeg, who helped shape the festival by introducing sponsorship, Queer Beer and lesbian lube wrestling. METRO FILE

ACTIVISM

Former chair of Winnipeg event reflects on progress

Jessica Botelho-Urbanski
Metro | Winnipeg

Barb Burkowski's lengthy resumé of work within the LGBTQ community is impressive, with a footnote that helped shape the taste of Pride Winnipeg.

As a former Pride Winnipeg chair, Burkowski introduced Queer Beer — a fruity Half Pints brew that became a "game-changer" for Pride fundraising.

When Burkowski took over the reins at Pride, the organization was $8,000 in the red ahead of its 25th anniversary.

Rather than rely on Pride's typical dance party fundraiser, Burkowski's team set out corralling sponsors to make the 25th an event to remember. Their legwork included lighting up the Manitoba legislature in rainbow colours for the first time.

Burkowski was Pride chair for four years, although the 43-year-old said she would never have predicted the career move in her youth.

When her teen brother came out as gay, Burkowski didn't know she was a lesbian.

"I wasn't one of the kids who knew my whole life. I didn't know. My brother is younger and he came out first," she said. "And so one, I wasn't very supportive of him initially. And two, I didn't think there could be two of us. I wasn't paying attention to myself or really being true to myself."

"We grew up in private Catholic school, so it wasn't something that was well presented to us by any means," she added.

With supportive friends and family in her corner, Burkowski came out at age 23.

"I had one good friend say, 'It will be the hardest thing you ever do and the greatest thing you ever do.' That was good advice," she said.

Seeing the swell of people and politicians attending city hall's rainbow flag raising Friday spurred some self-reflection.

Burkowski, who now works in fund development for Nine Circles Community Health Centre, teared up thinking about how far the Pride movement has come.

"I remember when Coun. Jenny Gerbasi and Coun. Harvey Smith (who died this year) were the only ones that would come support us," she said.

"We used to be like, 'Oh, of course Harvey's here.' But in the end, it's like, wow. That guy was always here for us. And I don't think that we appreciated him enough then."

> "I had one good friend say, 'It will be the hardest thing you ever do and the greatest thing you ever do.' That was good advice."
> Barb Burkowski

METRO ASKS

Courage and community have helped changed people's lives

What's your favourite Pride moment?
One was I got to announce that we were moving Pride to The Forks and (having) the realization that we had grown to move to the big venue for a big party. My second was the day that I saw the first Queer Beer box. It was a realization that it's a money-maker (and) a game-changer for Pride…

And the one other thing that still always stands out to me is I had a young couple come up to me and say, 'We got married last year (at Pride) and this is our first anniversary and we want to thank you.' I was like, 'What?' …

When somebody says that to you, you realize what a difference (Pride) makes in peoples' lives. It was mind-boggling.

Barb Burkowski making a speech at the Manitoba Legislature when she was Pride Winnipeg chair. CONTRIBUTED

Why was Pride important 30 years ago? Pride was important 30 years ago because those courageous people — the ones that were wearing bags (on their heads), the ones that weren't in bags and the ones that stood on the sidelines kind of hiding, but they showed up — brought us to where we are now.

We're looking at small marginalized groups right now. Back then it was the entire community, which existed but was certainly underground.

And if not for their brave actions, who knows how long it would have taken … and how much pain people would have gone through in the meantime, getting the legislation in place and all of the gains that came from their actions.

Why is Pride important now? It's about us all coming here, collectively hugging and supporting, and making sure that people know they have a place in the community.

JESSICA BOTELHO-URBANSKI/METRO

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metro

‘Don’t sweep it under the carpet’

An emotional Frances Neumann talks about her sister-in-law Mary Smith John at the National Inquiry into Missing and Murdered Indigenous Women and Girls in Whitehorse. THE CANADIAN PRESS

MMIW

Family urges commissioners not to ignore results of inquiry

Frances Neumann searched tirelessly for her missing sister-in-law in Vancouver’s Downtown Eastside, only to learn from a newspaper article she had been dead for years.

Neumann, the first family member to speak publicly at the National Inquiry into Missing and Murdered Indigenous Women and Girls, urged the commissioners not to let Mary Smith John’s death be in vain.

Smith John fled Yukon as a young woman after enduring the loss of an infant son and was found dead of an alcohol overdose in 1982. Neumann said Smith John had been in the company of Gilbert Paul Jordan, known as the “Boozing Barber,” who is believed to have plied multiple women with a lethal dose of liquor.

“We let them down. We did not protect them because they were weak,” Neumann said Tuesday, wiping away tears.

Jordan was convicted of manslaughter in the death of a non-Indigenous woman in 1988. But he was linked to several aboriginal women’s deaths before then, reported APTN in a segment that was played at the hearing. He died in 2006.

“Please, please see this through. We have come up and waited for many years to see the results. Don’t sweep it under the carpet.”

Neumann’s testimony marked an emotional start to the first family hearings.

The commissioners have faced criticism about poor communications and delays.

Chief Commissioner Marion Buller began Tuesday’s hearing with an opening statement. She said Canada needs to hear the truth about the violence endured by generations of Indigenous women and girls in order to have a better understanding of systemic violence, to find solutions and heal.

“Today is a turning point in our national history,” she said.

More than 40 people are expected to share their stories this week.

“We will hear about mothers, grandmothers, sisters and aunties, nieces, cousins and dear friends. They are and were real people who loved and were loved, who dreamed and hoped, who laughed and cried,” said Buller.

> “We let them down. We did not protect them because they were weak.”
> Frances Neumann

Other community meetings have been delayed until the fall, but Buller said the hearings are going ahead in Whitehorse because of the willingness of people in the city to participate.

Families have the option of testifying privately to a statement-taker or speaking publicly inside a white tent, where the interior walls are decorated with brightly coloured blankets created by volunteers and chairs are set up in a circle.

Buller said the setting was designed to provide comfort and safety to families and survivors. THE CANADIAN PRESS

HEALTH

Banana Boat sunscreen prompts complaints

Health Canada says it’s looking into three recent complaints of babies allegedly being burned by Banana Boat sunscreen products.

Spokeswoman Renelle Briand says the three reports were all made within the past month and came from multiple locations in Canada.

The most recent report involves a Montreal mother alleging her son developed blisters on his face after she applied a Banana Boat product.

Briand says the other complaints, originating in Newfoundland and an unknown location, are similar in nature.

Briand says Health Canada has reached out to Banana Boat products maker Edgewell Personal Care for more information, but has not taken any action against the products yet.

Edgewell did not immediately respond to request for comment.

Briand says Health Canada is taking the complaints seriously and has not ruled out the idea of further action if it determines there’s a significant public risk. THE CANADIAN PRESS

BRITISH COLUMBIA

NDP, Greens strike deal, Clark not ready to walk

British Columbia would hold a referendum next year on proportional representation as part of an agreement that would see the NDP form a minority government with the support of the Green party.

The two parties have also agreed to ban corporate and union donations to political parties, as well as contributions from non-residents of B.C. after fundraising became a major issue in this month’s provincial election campaign.

The parties said Tuesday they would use “every tool available” to stop the expansion of Kinder Morgan’s Trans Mountain pipeline, and would refer the Site C hydroelectric dam to the B.C. Utilities Commission to determine its economic viability.

NDP Leader John Horgan said they have a responsibility to “defend” the coastline of British Columbia and that is why the two parties want to stop the pipeline, which would increase tanker traffic sevenfold off B.C.’s coast.

Horgan and Green Leader Andrew Weaver signed the four-year deal in front of their caucuses at the legislature in Victoria.

“The challenge here is to demonstrate to British Columbians, as we are today, that people from different political persuasions can come together in the interest of British Columbians so people don’t fear minority governments, in fact, they embrace them,” Horgan said.

Premier Christy Clark said she is not ready to walk away from office before recalling the legislature to see if she can get support to continue governing.

But Clark appears resigned to losing a confidence motion, opening the way for the second-place NDP to be given a chance to form a government by Lt.-Gov. Judith Guichon.

Ultimately, Clark said, it would be up to the lieutenant-governor to decide whether the NDP gets the green light or whether a new election is called. THE CANADIAN PRESS

PIPELINE

Prime Minister Justin Trudeau is standing by the Kinder Morgan pipeline project, even as the New Democrats and Greens in B.C. are teaming up to fight it.

150 WAYS of looking at Canada

POSTCARD NO. 119

CABOT TRAIL, CAPE BRETON ISLAND

A BREAK FOR A SCENIC VIEW AT WHITE POINT WHEN DRIVING ALONG THE CABOT TRAIL IN EARLY AUGUST AT CAPE BRETON ISLAND, N.S. WHERE MY FAMILY LOVES TO GO AGAIN AND AGAIN. **YADAV POKHAREL**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader’s postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards.**

Top stars to perform at Manchester show

BRITAIN

Benefit Sunday will come two weeks after bombing

A week after a bombing at her Manchester Arena concert killed 22 people, singer Ariana Grande said she and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in the city on Sunday night.

The singer announced Tuesday that the "One Love Manchester" show will be held at the city's Old Trafford cricket ground.

"We will not quit or operate in fear. We won't let this divide us. We won't let hate win," Grande said in a statement. "Our response to this violence must be to come closer together, to help each other, to love more, to sing louder and to live more kindly and generously than we did before."

Ariana Grande and other top stars — including Justin Bieber, Katy Perry, Coldplay and Miley Cyrus — will perform at a benefit concert in Manchester on Sunday night. THE ASSOCIATED PRESS

Meanwhile, Greater Manchester Police briefly asked the public to stay out of a neighbourhood in the nearby town of Wigan on Tuesday as a bomb disposal unit searched for explosives — part of the investigation into the attack that hit Grande's concert.

Officials trying to unmask the network behind Salman Abedi searched a property in Wigan, 20 miles northwest of Manchester, and placed a security cordon around the neighbourhood for several hours.

But London's Metropolitan Police said Tuesday that military support for the counter-terrorism operations is gradually being reduced now that the official threat level has been lowered from "critical" to "severe."

Officials also said extra police staffing that had been added to protect public gatherings over the holiday weekend would be reduced.

The railway station next to Manchester Arena, which had been shut since the blast, reopened Tuesday, easing transport woes for residents.

The return to a level of normalcy followed days of emotional tributes to the Manchester attack victims. Hundreds stood in quiet contemplation at St. Ann's Square, where a sea of cards, flowers and balloons has grown into an impromptu memorial site for those killed and injured in the blast.

THE ASSOCIATED PRESS

SRI LANKA

Tens of thousands still marooned by floods

Tens of thousands of people marooned by severe flooding and mudslides in Sri Lanka remained in relief camps Tuesday, as aid teams bolstered by Indian navy divers and doctors pushed forward with rescue efforts.

At least 194 people have been killed and nearly 100 are missing following the rains that began swamping the southern and western areas of the Indian Ocean island nation last Friday.

The weather has begun to clear, and many of the more than 100,000 people who evacuated over the weekend had returned home to begin clearing debris and mud from their waterlogged homes. More than 80,000 others remained in relief camps because their homes were either destroyed or remain unreachable.

Water levels were slowly starting to recede on Tuesday, but normal road traffic was still not possible, said Predeep Kodipili of the Disaster Management Center.

THE ASSOCIATED PRESS

Griffin: 'I went too far' with severed-Trump-head photo

Kathy Griffin said she knew her new photo shoot with Tyler Shields would "make noise."

Griffin appears in a photo posted online Tuesday holding what looks like President Donald Trump's bloody, severed head. Many on Twitter called for the comedian to be jailed.

Following the online backlash, Griffin posted a video apologizing for the photo, adding she would "take it down" and ask the photographer to do the same.

Kathy Griffin apologized online Tuesday evening. SCREENGRAB

"I went too far, I made a mistake, I was wrong," Griffin says in the video. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Wednesday, May 31, 2017

JESSICA ALLEN ON GIMMICK FOOD

Food has morphed from being something that sustains us to something that defines us, usually via social media.

I can't think of a situation in which I would be compelled to order a bowl of cereal at a restaurant. I still have a three-year-old box of Cheerios that's yet to need the green bin.

But despite my personal distaste, cereal cafés and bars are popping up all over the world.

The idea, borrowed perhaps from frozen yogurt chains, is simple: dispense childhood favourites and esoteric brands of cereals —Madrid's The Cereal Lovers boasts over 150 varieties — and provide toppings, like fresh fruit, dried coconut, milk and milk alternatives.

You can imagine the interiors, right? Bright, cheerful, and colourful, not unlike the image of the bowl of cereal that is begging to be shared on social media.

It's a business strategy capitalizing on impulses that, as a non-millennial, I don't have: the desire to see something on Instagram — like an artisanal ice cream sandwich or a Caesar garnished with a grilled shrimp the size of a Buick — and go out of my way to experience and document it.

In fact, when it comes to businesses exploiting the latest food trends, whether it be a sushi burrito or a smoothie bowl, I've become so contrarian that I'll go out of my way *not* to experience them.

But will everyone else, who probably likes fun more than I do, bite? Although U.S. cereal sales have dropped $4 billion since 2000, the New York Times reported last February, "breakfast cereal is a powerful engine of nostalgia," particularly for baby boomers.

Will everyone else, who probably likes fun more than I do, bite?

A mix-and-match bowl of toppings and cereal runs $10 at Toronto's Silo 13, a new cereal bar. EDUARDO LIMA/METRO

So if you build a cereal bar, will the millennials come?

Maybe not. Forty per cent of millennials surveyed in 2015 by the global market research company Mintel admitted "cereal was an inconvenient breakfast choice because they had to clean up after eating it," the New York Times said.

But at Silo 13, a "freestyle cereal bar" that recently opened in Toronto, there are no dishes to wash, and there are gluten-free options.

For $10, you can fill up a plastic bowl from a selection of dozens of cereals, including French, British and American imports (like Twix, which was discontinued here in 2005). They even have Post Cereal's Oreo O's, which can only be procured in South Korea.

Owner David Cai, 30, told me that he and his wife had the idea to open up Silo 13 after visiting IKEA. They saw the wall of dispensers dishing out nuts and bolts and thought it was a great model for serving *something*.

"We both love cereal," he said, and with a little snap, crackle, and pop, the business was born.

Silo 13 had their grand opening Victoria Day weekend. It went well, especially on the Sunday when they "got slammed."

The following Sunday, however, the place was empty, save for me (it was research) and Simon (I made him come). I filled my bowl with eight cereals, not one of which looked or sounded healthy, and chose two per cent milk to top it off. The first bite was euphoric. I was taken back to the kitchen table of my childhood. Was it the Count Chocula? Or the Fruity Pebbles? I can't be certain because every other bite tasted like wet sugar.

I don't think Silo 13 has me in mind as a regular customer. In fact, I wonder if they have regular customers in mind full stop. "We designed the place so that it's Instagrammable," Cai says. "We like to say, 'If you shoot us, tag us.'"

But what are the chances that once you have that social media post, you'll go back for a second? Cereal may have a long shelf-life, but gimmicks don't. So I'm not sure a cereal bar is a sustainable business model.

Take that artisanal ice cream sandwich, for instance. A Metro story recently revealed that despite an influx of hashtag-worthy concoctions, Canadians are actually eating less ice cream.

Food has morphed from being something that sustains us to something that defines us, usually via social media. And since I forgot to Instagram my freestyle cereal bowl, I have no idea who I am.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The lines around safe spaces aren't there to keep you out

When oppressed groups create spaces for themselves, it's not — drum roll, please — reverse discrimination. It is a response to actual discrimination by creating a place where they (we, depending on the day and event) can safely exist.

The mayor of Paris called for the Nyansapo film festival, a black feminist gathering, to be banned on the basis that it purportedly excluded white people. The organizers say that the public areas had always been intended to be open to people of all races. However, some spaces on private property would be reserved for black people of all genders.

Back in North America, the Alamo Drafthouse Cinema, a movie chain based in Austin, Texas announced it would hold five women-only screenings of Wonder Woman. The connection here to radical politics is a little more tenuous; I'm not sure that a handful of screenings for a corporate summer blockbuster is exactly women's liberation. But the sentiment, a safe space for women to experience an action film, is fine. The reaction was a large helping of the usual: men online complained about sexism.

In both of these we find a deep misunderstanding of how the world works.

Safe spaces are not particularly novel. They have a long and storied history, some of which has a Canadian connection.

Some safe spaces have been entire institutions created to serve people who have experienced systemic discrimination. For example, historically black colleges and universities in the U.S. came about as a response to racist admissions practices at American universities.

Others are about creating a place for communities at the margins to centre themselves while still including others.

The Wonder Woman movie is, according to the New York Times, "the first big-budget movie focused on a female comic book character in more than a decade and the first such movie to be directed by a woman." A handful of showings among thousands does not amount to discriminating against men.

Similarly, the black feminist film festival seeks to give black people a space that is solely theirs within the larger event, and more importantly, within the larger majority-white and anti-black Parisian culture.

It's important when criticizing these spaces to recognize the environments they are created in. All too often, the arguments for free speech forget that speech exists within certain contexts. For women and people of colour, the bigger picture is often one of a world that has chronically excluded them.

When men and white people feel left out or discriminated against by spaces like these, they are expressing their discomfort with boundaries. The lines are drawn to keep the people inside them safe in a world that regularly threatens their peace.

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PHILOSOPHER CAT
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metro LIFE
Your essential daily news
Alanis Morissette's album Jagged Little Pill is headed to the stage as a musical

TORSTAR NEWS SERVICE

Meals with *just 4* ingredients

RECIPES

Campaign encourages people to cook more at home

There's nothing more encouraging for people trying to cook more for themselves than the words "four-ingredient recipe."

The #4ingredientchallenge fundraising campaign asks chefs and food writers to share filling recipes using just four ingredients (not including basics such as salt, pepper, water and oil) to encourage people to cook more at home, regardless of time, budget or basic kitchen skills.

Here are two of the tested recipes:

Basic Congee

Makes 4 servings.

Ingredients:
- 1 cup (250 mL) long or short grain white rice
- 4 cups (1 L) chicken or vegetable broth
- 4 cups (1 L) water
- Kosher salt and white pepper, to taste
- 2 large eggs
- 2 stalks green onion, chopped

Directions:
1. Using a strainer, rinse rice under cold running water until water almost runs clear. Transfer rice to a large pot. Add broth and water. Bring to a boil. Reduce heat to low and simmer. Half-cover pot with lid and stir occasionally for an hour and a half. Add more liquid if you prefer a thinner congee. Season with salt and pepper.

2. Meanwhile, to make soft-boiled eggs, bring a small pot of water to a boil over high heat. Gently submerge eggs into water and reduce heat to medium. Let eggs simmer for 5 to 7 minutes. Remove eggs from hot water and submerge in cold water for at least 15 minutes before peeling. Slice eggs in half.

3. Divide congee into bowls. Garnish with green onion and sliced eggs.

Sweet Potato Rosti With Miso Salmon and Chard

Makes 4 servings.

Ingredients:
- 1/4 cup (60 mL) white miso paste
- 6 tbsp (90 mL) vegetable or canola oil
- 4 skinless, boneless salmon filets, 6 to 8 oz each
- 2 medium sweet potatoes
- 2 tsp (10 mL) kosher salt, plus more to taste
- 1 bunch swiss chard, leaves and stems separated, both chopped
- Black pepper, to taste
- Lemon wedges, for garnish (optional)

Directions:
1. Preheat oven to 400 F (200 C). Set up a top and middle rack.

2. In a small bowl, whisk miso paste with 2 tbsp (30 mL) of oil and rub all over salmon filets. Place on a lined baking sheet and set aside.

3. Peel and grate sweet potatoes. In a medium-sized bowl, toss potatoes with salt. Let sit for 5 minutes. Squeeze out and discard liquids. Toss potatoes with 2 tbsp (30 mL) oil. In a large, oven-safe skillet, spread potatoes in an even layer. Bake for 25 minutes on middle rack.

4. Fifteen minutes before potatoes are done, add sheet of salmon on to top rack of oven and bake until salmon is slightly browned but still a bit pink in the middle, about 15 minutes.

5. Meanwhile, in a large skillet over medium-high heat, add remaining 2 tbsp (30 mL) of oil. Sauté chopped chard stems until tender, about 5 minutes. Add leaves and sauté together until leaves have wilted and are tender. Season with salt and pepper to taste.

6. Remove salmon and potato from oven. Place salmon filets and swiss chard on top of potatoes in skillet. Garnish with lemon wedges.

TORSTAR NEWS SERVICE

FUNDRAISER

More recipes are available at cfccanada.ca/4ingredientchallenge with a donation to Community Food Centres Canada.

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Naturally made cheese vs. processed cheese product

When it comes to cheese, stick to the real stuff.

PICK THIS

Balderson Royal Canadian Cheddar Cheese

Per serving (1 portion — 21 g)
Calories 90
Fat 8 g
Saturated fat 5 g
Sodium 140 mg
Protein 5 g

SKIP THIS

The Laughing Cow

Per serving (2 portions — 33 g)
Calories 70
Fat 6 g
Saturated fat 3.5 g
Sodium 310 mg
Protein 3 g

HERE'S WHY

Equivalent in sodium to 2 slices of Panago's Quattro Fromaggio Pizza (multigrain, thin crust)

Cheese is a healthy snack when eaten in moderation. It is an excellent source of protein and calcium. However, not all cheese products contain the same ingredients. The Laughing Cow may be lower in calories and fat, but it is a processed cheese product, and contains preservatives. The Balderson cheddar is an aged, naturally made cheese, which also contains less sodium. Remember, the ingredient list is just as important to read as the nutritional information.

SUMMER TREAT

A refreshing pop of mango

Inspired by lassi, the Indian yogurt drink, these refreshingly juicy mango-lassi ice pops are as fun to make as they are to eat.

Mango-Lassi Ice Pops

Makes 10 servings, depending on mould.

Ingredients:
- 1-1/2 cups (375 mL) mango purée — for 1 cup (250 mL) of mango purée, process 2 cups (340 g) of cubed mango in a blender until smooth, then strain.
- 1/2 cup (105 g) sugar
- 1/2 cup (125 mL) plain Greek yogurt
- 1/2 cup (65 g) crushed unsalted pistachios

Directions:
1. In a bowl, whisk together purée and sugar until sugar has dissolved. Stir in yogurt.

2. Sprinkle half of the pistachios into ice-pop moulds and pour mango mixture over top, leaving 1/2 inch (1 cm) of space at top of each mould. Top with remaining pistachios and insert ice-pop sticks.

3. Freeze for six hours or until firm. For easy unmoulding, place under hot running water.

TORSTAR NEWS SERVICE

These fruit purée frozen snacks are just too good not to share.
COURTESY RICARDO LARRIVÉE

HUDSON'S BAY STRENGTH IN STRIPES HBC FOUNDATION

HUDSON'S BAY

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SANOFI GENZYME

BIGSMOKEBURGER

Every time you wear plaid, you're supporting Prostate Cancer Canada.
Whether you know it or not. But this Father's Day we need more than unknowing support. Raise money by having your workplace wear plaid on June 16.

PLAID FOR Dad

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Kevin Spacey and Robin Wright in House of Cards. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Politics always comes first for Underwoods

THE SHOW: House of Cards, Season 5, Episode 3 (Netflix)
THE MOMENT: The midnight chat

First Lady Claire Underwood (Robin Wright) sleeps in her White House bed next to her lover, Thomas (Paul Sparks), who's writing a biography of her husband Francis (Kevin Spacey), the U.S. president. From a chair beside the bed, Francis gazes at them. Claire rolls over, sees him. She rises on an elbow.

"I couldn't sleep," he says. Calmly, they discuss ... why they're not further ahead in the polls for tomorrow's election. She reassures him that they've damaged his opponent. "Maybe we don't know what he's hiding, but the public knows there's something," she says.

Thomas makes noises in his sleep. Francis cocks his head. "He hums sometimes," Claire says.

"Like what?" Francis asks. "Does he do it often?" He sits beside her on the bed. "Do it for me, what does it sound like?"

"Let's get something for your sore throat," she says.

He demurs, tells her to get some sleep. She kisses his cheek. He exits.

I love this series best when the Underwoods are most aligned in their relentless, regretless machinations to seize and keep power. So, though it's wobbled over the years, and though I don't buy her as his running mate, I keep coming back for scenes like this — their marriage is at its strangest and most singular.

Francis couldn't care less that Claire is sleeping with another man. Claire doesn't mind that Francis is in her room. They know what the other needs. Their common pursuit unites them. They have politics to discuss, and politics always comes first.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MOVIES LEBANON WANTS NO PART OF ISRAELI WONDER WOMAN Lebanon is seeking to ban the new Wonder Woman movie because its lead actress, Gal Gadot, is an Israeli. Lebanon is officially at war with Israel and has a decades-old law that boycotts Israeli products and bars Lebanese citizens from travelling or having contacts with Israelis.
THE ASSOCIATED PRESS/INVISION

YOU CAN DO THIS ART THERAPIST

Creatively making a difference

WHY I LIKE MY JOB

Carmen Richardson, 53, art and expressive art therapist, the Prairie Institute of Expressive Art Therapy, Calgary.

I was working as a therapist in private practice, specializing in treatment of trauma with children. I had never heard of the field of art therapy, but I intuitively knew we needed a different way of working with kids other than just talk therapy.

Then I heard of the field of art therapy and knew that was something I needed more training in. I did a post-master's degree in art therapy in Vancouver. There, I was supervised by a woman who was an expressive art therapist, which uses more than just the visual arts of drawing and painting. It uses drama, music, creative writing and dance — any kind of art, really.

Now, I work with a range of ages. Today for example, I worked with an eight-year-old and some teenagers and adults in their 50s. Each day, I look at my client's goals for therapy, and then find creative means (to achieve those goals).

My job is to get people to use any kind of modality — it might be drumming, dance or spoken word — because art helps us move through a feeling and experience. When words aren't possible, visual art can help to tell a very painful story.

I believe the world suffers from not being seen and heard and felt, and this is an opportunity to see and hear how people feel. I see the difference it can make.

THE BASICS: Art therapist

$37,600

Median annual salary for an art therapist, though those with master's degrees (as opposed to post-master's certificates) made an average of **$42,000**.

+13%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by canadianarttherapy.org, carleton.ca and onetonline.org.

HOW TO START

Art therapists are typically required to have a bachelor's degree in fine arts, psychology, social work, counselling or a related field — though some programs will allow entry with commensurate work experience. There are a number of art therapy programs (master's degrees, diplomas and post-master's certificates) offered by universities, colleges and dedicated art therapy institutes across the country.

To receive accreditation from the Canadian Art Therapy Association, students have to work on a thesis paper or major art project related to the field and complete 700 hours of practical experience — 350 of which need to be directly with clients.

WHERE YOU CAN GO

While it's a relatively new field, art therapists have similar career options as psychologists and traditional therapists. They can choose to work in private practice — working with clients directly — or with government (such as health services departments) and social service agencies (children's aid departments, halfway houses, etc.). Hospitals, private shelters, correctional facilities and universities also employ art therapists. That means there are opportunities across the country.

Most people, however, don't just limit their time to art therapy, with many holding a second title, such as family therapist or counsellor.

metro WHEELS
Your essential daily news

Volvo testing self-driving garbage truck on closed course in Sweden

The WRX is excitement in motion

HANDOUT

REVIEW

Refining the sport compact with the latest iteration WRX

Sami Haj-Assaad
AutoGuide.com

I'm somewhere alongside Kaslo Bay in southwest British Columbia when it hits me. A smile. It's infectious and followed by giggles and wide-eyed excitement.

It's a result of this route, this scenery and a car that feels right at home navigating roads that swing side to side like a pendulum. It's here I'm reminded that despite all the new sport compact cars on the scene, it's the WRX they have to beat.

To say I'm impressed with the most recent iteration of the WRX is an understatement. It fended off a whole gang of other sporty compact cars a few years ago and emerged victorious against the new EcoBoost-powered Ford Mustang in a recent comparison.

The 2018 Subaru WRX may not seem very new. It still has the same turbo 2.0-litre boxer engine. It's still only available as a sedan. It's still pretty light at around 1,500 kilograms. It still has a slow infotainment system and no Apple CarPlay or Android Auto support. The interior also won't give you the impression you're in something higher end, and the car is still lacking in sex appeal.

That list of complaints is quickly forgotten once you take the WRX on the road — and glance at the $29,995 asking price. But let's get to what's actually changed. The front bumper has been revised and the car gets an option for full LED headlights that can turn into a corner so night time visibility is improved.

Cars equipped with the CVT transmission can get Subaru's EyeSight suite of safety and driver assistance features — things like adaptive cruise control, lane departure warning and forward collision warning. These vehicles also can be equipped with an automatic rear braking system.

In terms of performance upgrades, the changes to suspension and steering feel are subtle. The manual transmission and steering have been tweaked as well to be smoother. Additionally, Subaru has revised the mount points for roof racks. The automaker is also offering new performance goodies in the RS Package. Vehicles equipped with this package get sporty Recaro seats and new JURID brake pads with red calipers. There's also a moonroof delete option.

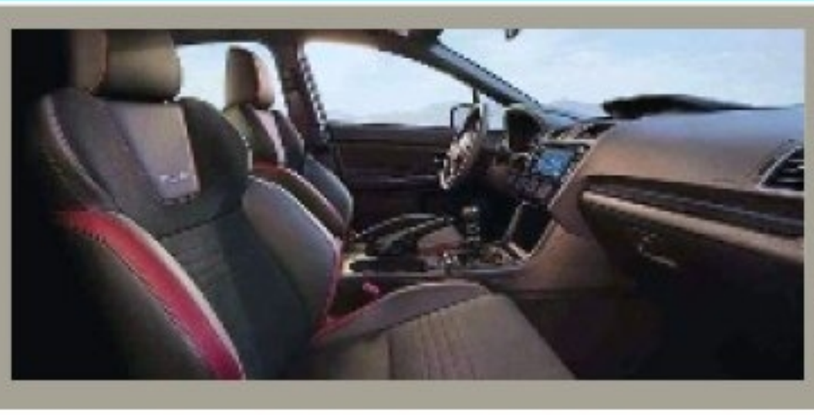
The interior gets new gauges and there are more soft-touch materials in the cabin. The rear armrest now has a cupholder and the front power windows now have a power off delay, so you can roll them up after you turn off the car. Finally, Subaru has reduced a significant amount of cabin noise.

The rest of the car is the same old stuff we've liked before and there are no changes here that will upset the legions of loyal fans.

THE CHECKLIST | 2018 SUBARU WRX

THE BASICS

Engine: 2.0-litre turbo boxer four-cylinder
Output: 268 horsepower, 255 pound-feet of torque
Transmission: Six-speed manual/CVT
Fuel Economy (L/100 km): 11.3 city, 8.5 highway, 10.0 combined (6MT)/12.5 city, 9.6 hwy, 11.2 combined (CVT)
Price: Starting at $29,995



LOVE IT

- Great powertrain
- Excellent price
- New options and features
- Quieter

LEAVE IT

- Waiting for new platform
- Hard to hear exhaust
- Forgettable style

PARKING

If you think parking is expensive, be glad you aren't in NYC or Sydney

Jason Siu
AutoGuide.com

The 2017 Global Parking Index has been released, revealing the most expensive cities in the world for parking.

The report is based on Parkopedia's own dataset, which covers more than 50 million parking spaces across 6,500 cities in 75 countries. Prices in the index were calculated as the mean of corresponding parking rates for all publicly available off-street parking facilities in a city center based on Parkopedia's global dataset.

Prices have been adjusted based on the theory of purchasing power parity (PPP), allowing for a comparison of the relative price of parking in cities and countries globally. In addition, to determine the relative cost of parking in each location, global prices were converted into USD using May 2017 currency exchange rates, as well as adjusted based on the published Big Mac index PPP January 2017 index.

The world's highest short-term (two-hour) parking rate is found in two locations in New York City, charging $62 for two hours. On average, New York has the highest two-hour parking rates at $32.97, while Sydney's average is $28.45. At least half-a-dozen locations in Sydney charge as much as $51 for two hours. Also in the top five from Australia are Brisbane ($21.77 average) and Melbourne ($21.56). Boston with an average of $20.80 round out the top five. The only cities in the top 10 not in the U.S. or Australia are London, U.K. ($16.26) and Tokyo, Japan ($15.16).

After purchasing power parity adjustment, however, New York and Sydney swap places, with Sydney topping the list at an average of $34.85, while New York is $32.97.

For daily parking, Sydney leads the way at an average of $46.73, while London is in second at $45.01. Also in the top five are New York ($41.58), Brisbane ($36.38) and Paris ($35.19). But after PPP adjustment, London edges out Sydney as the most expensive for daily parking with an average rate of $57.51.

When it comes to monthly parking, New York is the most expensive at $606.37. London is second at $603.89, followed by Zurich ($540), Amsterdam ($424.73) and Sydney ($390). After PPP adjustment, things change a bit for monthly parking. London ranks highest at $771.67 and Hong Kong makes an appearance at $722.43. New York falls into third at $606.37 followed by Amsterdam ($545.10) and Sydney ($475).

$211.05

Montreal and Calgary are the only Canadian cities to crack the top 25 most expensive places to park. Montreal places 18th when it comes to two-hour parking rates with an average of $9.87 U.S.; Calgary follows with an average cost of $9.24. Average monthly rates will run you $211.05 in Calgary versus $123.50 nationally. **PARKOPEDIA GLOBAL PARKING INDEX**

metro SPORTS

"Sometimes you just got to go and get them and can't hesitate": Nationals star Bryce Harper on his fight with Giants reliever Hunter Strickland

Bombers healed and hyped

CFL

Winnipeg receivers hope for injury relief in 2017

Darvin Adams would be happy to haul in some long bombs and take it to the house. Weston Dressler is gearing up to turn some short passes into big gains.

But what the Winnipeg Blue Bombers receiving corps really needs to catch this season is a break on the injury front.

Seven receivers missed a total of 39 games last year because of injury.

Adams topped the list at 10 games after he broke a collarbone in late July, while Dressler missed four contests.

"It's football and injuries happen," said Dressler, who's embarking on his 10th CFL season. "You try and limit those as much as you can with the preparation you do with your body and all that, and hopefully we have a little better luck with that."

Dressler led the Bombers with 1,003 receiving yards off 80 receptions in the slotback's first season with Winnipeg.

Adams returned for the final two regular-season games and the team's West Division semi-final loss to B.C. In his eight outings, he caught 51 passes for 690 yards and six touchdowns.

The six-foot-two wide receiver signed a new contract in January that takes him through 2019. He was feeling good at training camp after more off-season rehabilitation.

"I'm blessed," Adams said. "I just want to thank God that I'm better, and my trainers for getting me back prepared."

Injuries forced Winnipeg to use 12 different receivers last season, which wasn't all bad, according to coach Mike O'Shea.

He said quarterback Matt Nichols got to familiarize himself with more teammates, while players learned that their chance could come at any time so they had to be prepared.

"Nobody wants to see anybody get injured. And, in fact, the players aren't licking their chops when they get their opportunity that way. But they understand the business part of it and they understand they need to make good on their opportunity."

Only Canadian receivers Julian Feoli-Gudino and Rory Kohlert suited up for all 18 games last year.

Kohlert signed as a free agent with Calgary, but Feoli-Gudino is back with a unit that includes veteran returnee Clarence Denmark and newcomer Kenny Stafford.

Stafford joined the Bombers after a season in Montreal that ended when he and Duron Carter were surprisingly released last October.

"I'm going to fit in really well," predicted Stafford, a six-foot-three pass catcher who played with Nichols in Edmonton in 2015.

"We've got a great dynamic of receivers. There's Dressler, Adams and Denmark, who's coming back after a great year. You've got (Gerrard) Sheppard, who's also a returning starter.

"Myself included, we're all veterans and we know what it takes to win and what it takes to be successful."

THE CANADIAN PRESS

> **Myself included, we're all veterans and we know what it takes to win and what it takes to be successful.** Kenny Stafford

Weston Dressler, centre, led last season's injury-depleted pass catchers with 1,003 yards receiving. JOHN WOODS/THE CANADIAN PRESS

IN BRIEF

Search for new CFL commissioner continues

Jeffrey Orridge has some friendly advice for his successor: stay the course.

Orridge will step down as CFL commissioner June 30 after just over two years on the job. The search for Orridge's replacement continues but it's unclear if the successful candidate will be in place when the 2017 regular season begins June 22. THE CANADIAN PRESS

No alcohol in Tiger Woods's system: Police

Police say Tiger Woods was asleep at the wheel but had no alcohol in his system when officers spotted his car stopped along a Florida road.

An affidavit released Tuesday said Woods was alone and wearing his seat belt when Jupiter Police officers in Florida found his Mercedes early Monday in the right lane.

The car's engine was running and its lights were on. The report says officers woke Woods, who had "extremely slow and slurred speech" and told them he took several prescriptions.

THE ASSOCIATED PRESS

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EVENTS

FINANCIAL

LEGAL NOTICE

NOTICE OF SALE

Marco Polo Moving & Storage hereby publishes notice, as required by Warehousemen's Lien Act, C.C.S.M. c. W20, of a public sale of the property listed below to satisfy a landlord's lien. All sales are for cash to the highest bidder and are considered final. Marco Polo Moving & Storage reserves the right to reject any bids. The sale will be held at 1725 Inkster Blvd Unit C Winnipeg, MB R2X 1R3 at 2:00 p.m. on Thursday June 15, 2017. Customer Name 120135555 Catherine Gee 217B168, 286168 120135727 Lorna Currie 150B168 120135609 Donna Garofalo 65A168 120135575 Me Manimpim 272B168 120135689 Tina Clairmont 102A168 130365321 Sandy Giesbrecht 86B168 120135566 John Bargh 11V168 120135739 Lyndon Rjames 243B168 131423802 Alyica Cook 10A168 120135553 Lindsey Piotrowski 157B168 120135729 Sylvia Both 238B168 Contents include but not limited to: Household items, books, exercise equipment stereo equipment and more.

PSYCHIC

MAKE IT TONIGHT

Creamy Penne Pasta with Asparagus and Peas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The light and creamy sauce of this pasta plays perfectly against tender, juicy spring vegetables.

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 500g penne
- 1 Tbsp olive oil
- 1 bunch of asparagus, ends snapped off and cut into thirds
- 2 cloves garlic, minced
- 1 shallot, diced
- 2 cups peas
- 1 cup crème fraîche
- 1/4 cup Parmesan cheese
- 1 Tbsp chopped chives

Directions

1. Preheat cast-iron pan over moderate heat. Add a tablespoon of olive oil and asparagus and cook until fork tender, about 8 minutes. Add garlic and shallots and cook until fragrant, about 1 minute.

2. Meanwhile, cook penne according to package directions, about 12 minutes. In the last minute of cooking time, drop peas into the water. Reserve ½ cup of cooking water. Drain pasta and peas.

3. Add pasta and peas to skillet with asparagus and toss well. Add the creme fraiche and stir until pasta is coated. Add reserved water a tablespoon at a time to get desired consistency.

4. Sprinkle with Parmesan cheese and season with salt and pepper to taste. Sprinkle with chives and serve right away.

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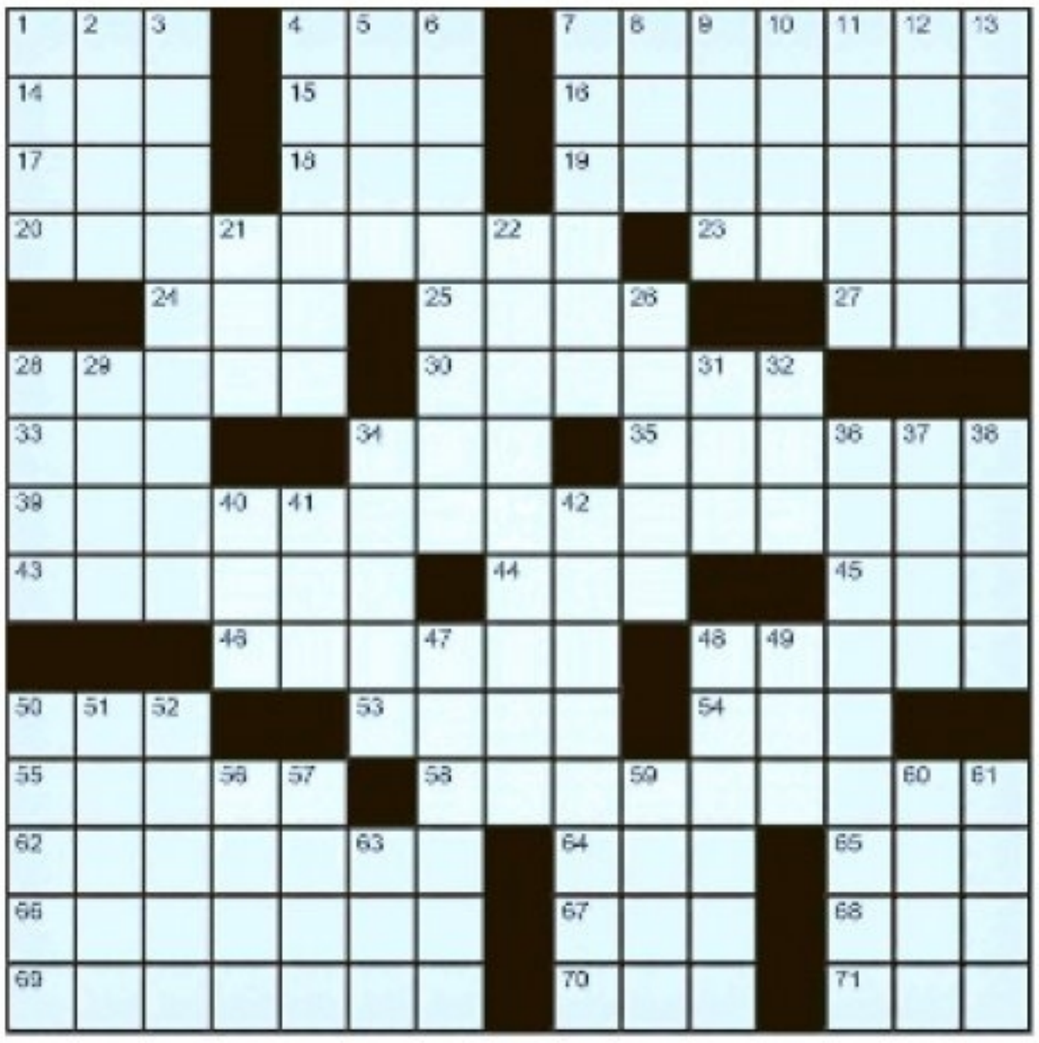
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ballpark stat.
4. 'Equal'-meaning prefix
7. Numerous
14. Really long time
15. Queue pre-Q
16. At the ready, as a guard: 2 wds.
17. Rap star, Tone-__
18. Protrude
19. Disney movie race car Herbie the what?: 2 wds.
20. Tall topper, __ hat
23. Arcade game, Whac-_-__
24. Web
25. Hairdo
27. Inky implement
28. Charo's famous expression, when doubled
30. Light up, in verse
33. U2 song
34. Pronounce
35. Swanky neighbourhood of Winnipeg
39. 4th Prime Minister of Canada, from 1892 to 1894: 3 wds.
43. Hosp.'s to-the-patient connection: 2 wds.
44. Rt. __. (Upstanding title, for short)
45. Scand. land
46. "Buffy the Vampire __"
48. Bluegrass music sound
50. One Time link: 2 wds.
53. Nevada casino destination
54. "Watch it!"
55. "Throw __ from the Train" (1987)
58. Sans serif font style
62. Acupressure
64. '_'__ in Ottawa
65. Mr. Mineo
66. Above-to-below wartime attack: 2 wds.
67. Jetta ___ (Volkswagen model)
68. Sample
69. Ten Commandments elev.: 2 wds.
70. "Sure."
71. Union, in downtown Toronto, e.g.

DOWN
1. Photo album posers, e.g.
2. Throw out
3. Presently performing with the philharmonic: 2 wds.
4. Canadian singer/musician/producer whose credits include being a member of "I Cry" trio Bass is Base, Chin __
5. Minestrone __
6. Eyeglasses professional
7. Cirque du __
8. Roxy Music's Brian
9. "__-__-voom!"
10. Chemistry substance, briefly
11. "Hey! Ba-Ba-__-__" by Lionel Hampton and His Orchestra
12. As __ (Usually)
13. Mil. rank: 2 wds.
21. Truck or bus, e.g.
22. "__ Pam" by The Beatles
26. Sofa-turned-bed
28. Thus, in Milan
29. McGill, e.g.
31. Close-mouthed
32. __, date (Food label info)
34. Cut
36. Writers like Charles Lamb
37. Up opposite
38. Blood type: letter + abbr.
40. __ du jour = Juice of the day
41. Angle type, briefly
42. Timepiece art
47. 20th-century violinist Mr. Menuhin
48. Dissertation
49. Drenched
50. "I ___" (2001), Penn/Pfeiffer picture
51. "I've got ___ that ball!" (Two-strikes-down slugger's internal pep talk)
52. Mideast chieftains
56. "__-Mac" by Great Big Sea
57. Deadlocked, __ __ impasse
59. Farewell, to Catullus
60. Buggy
61. Kirk __, "Superman" (1948) star
63. "Chandelier" singer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see new ways of making money today. You also can see new uses or applications for something you already own. (Clever you!)

Taurus April 21 - May 21
Today your speech with others will be clear and direct. You know what you want, and you're willing to go after it. You also can deduce what is going on behind the scenes.

Gemini May 22 - June 21
Today you see the subtext of things, which means nobody can fool you. You will be able to spot a phony a mile away. It's also a good day for research.

Cancer June 22 - July 23
You might join forces with a friend ora member of a group to introduce reforms and improvements somewhere or somehow. Basically, you want to build a better mousetrap.

Leo July 24 - Aug. 23
Conversations with bosses and parents will be powerful, direct and productive. Basically, you want to improve things and you want their co-operation and support.

Virgo Aug. 24 - Sept. 23
Discussions about politics, religion, philosophy or racial issues will be deep and profound today. Nothing will be light and casual. Get ready.

Libra Sept. 24 - Oct. 23
You want to get to the bottom of things when it comes to inheritances or discussions about shared property today. You don't want glib answers. You want the facts

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful today. This person might ask you penetrating questions. It's also possible that the opposite will occur

Sagittarius Nov. 23 - Dec. 21
Your main motivation at work today will be to see how to make improvements around you. You also might want to explain the details of how something works to someone.

Capricorn Dec. 22 - Jan. 20
Today you might have an opportunity to teach children something important. Meanwhile, romantic conversations will be direct, and perhaps blunt, and focus on ways to improve the relationship itself.

Aquarius Jan. 21 - Feb. 19
Family discussions are strong and powerful today. Basically, people are looking for ways to improve things, especially in their immediate surroundings.

Pisces
Feb. 20 - March 20
Today you have X-ray vision, which is why you practically can read the minds of others. During discussions, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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						3		7
5				8				4
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	2		4				1	8
		1				7		
			3	1		9		

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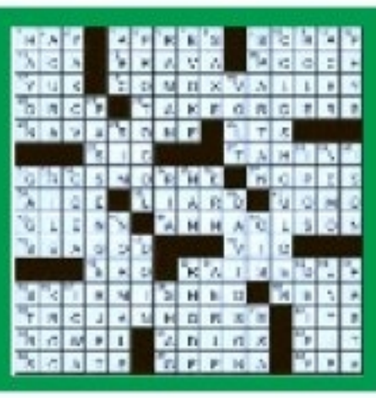

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9	7	4	1	2	5	6	3	8
8	1	2	3	6	7	5	4	9
4	6	1	7	5	9	2	8	3
3	9	7	6	8	2	4	5	1
5	2	8	4	1	3	9	7	6

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Getting fit in the park

Fitness in the Park has attracted thousands of office workers and residents looking to include much-needed activity and relaxation amidst the hustle and bustle of everyday life.

This year, the Fitness in the Park series kicks off on June 1 and runs until August 31. The series will offer free yoga, Zumba, Pilates and boot camp classes at different downtown locations. Come out and enjoy these free classes, all summer, while having fun, staying active and enjoying the beautiful weather with the rest of the downtown community!

About Yoga Public

Yoga Public is a state of the art, environmentally conscious yoga centre that offers yoga in all its forms and for all levels. Their centre is the largest in Canada, featuring four adaptable yoga studios, spacious lounging areas and change rooms for men and women.

Yoga Public offers a stimulating program of over 100 classes per week that will help build strength, flexibility and balance, as well as nurture a special mind-body connection. Whether you are a beginner or an expert, Yoga Public has a class for you! Their daily class schedule runs from 6 a.m. – 8:30 p.m., making it an easy and accommodating journey.

Find out more about Yoga Public from one of their team members at the Yoga Fitness in the Park series this summer.

Yoga
- Mondays and Fridays at Millennium Library Park
- Wednesdays at Memorial Park

Zumba
- Mondays and Fridays at Memorial Park
- Wednesdays at Millennium Library Park

Pilates
- Tuesdays at Memorial Park
- Thursdays @ Millennium Library Park

Bootcamp
- Tuesdays and Thursdays at Upper Fort Garry

* The June 19 Zumba class will be replaced with spin class and the June 21 yoga class will be replaced with bike yoga for Bike Week.

Fitness in the Park features some of Winnipeg's best instructors including some of the awesome team from Yoga Public, located at 280 Fort St. in downtown Winnipeg.

Arts, entertainment and delicious cuisine at Manyfest street festival

Downtown's biggest street festival returns this Sept. 8 – 10 on Broadway and Memorial Boulevard. Manyfest brings an energetic atmosphere of arts, entertainment and delicious cuisine, and, since its launch, has attracted well over 250,000 people to the heart of the city. This open, outdoor showcase of talent, community and healthy living is a must-attend event and a perfect way to bring the incredible summer to a close.

Here are some of the many events you can look forward to at Manyfest 2017:

Food Truck Wars
The famous Food Truck Wars are back with over 30 food trucks to choose from — our most diverse and delicious line up yet! Come and vote onsite for your favourite food truck in the categories of Best Presentation, Best Bang for Your Buck, and Most Original.

Live Concerts
Festival-goers will have the opportunity to check out two different Manyfest stages with performances from a diverse line-up of local artists — all for free! For a full list of this year's music line-up, visit manyfest.ca.

Ciclovia
Walk, jog or cycle across the city on car-free routes! Plus, enjoy music, special bikes zones and group rides. A free onsite bike valet, available all weekend, will also allow you to store your bike or stroller while enjoying the festival.

Wine and Beer Garden
Cabernets, chardonnays and cold brews are all available for tasting on Broadway all weekend at the Wine & Beer Garden.

MiniFest Kids' Zone
Bouncers, sandboxes, face painting, games, art tables and more, make Manyfest fun for the whole family!

Giant Movie in the Park
Bring your chairs, blankets, friends and family, and get ready to enjoy a family favourite on the giant outdoor screen at Memorial Park.

Farmers' and Artisans' Markets
Make it, bake it, or grow it — it's all here! Fresh fruit, veggies, baked goods and all kinds of local products will be available at the Farmers' Market. Also enjoy jewelry, crafts, art and unique handmade goods at the Artisans' Market.

THE RIGHT FLIGHT

Your taste buds will do a happy dance as they take off into the world of flights. Whether you just can't decide or you want to try a little bit of everything, "flights" are always a great choice.

Now at The Forks, you can choose flights for beer, wine, gelato and ice cream, giving you the opportunity to sample the best that Winnipeg has to offer!

At The Common craft beer and wine kiosk, you can wet your whistle with a flight of three wine selections or four beers. Served on beautiful boards by Huron Woodwork, the flights are displayed with Manitoba charm. The local aspect is also represented in the wine and beer selection, both crafted to showcase as local as possible.

The Common has 20 craft beer and 20 wines that change seasonally. For both, you can create your own flight or choose from one of the pre-crafted menus that is offered at The Common. Whether you're looking for light and crisp or dark and stormy, you'll find the perfect flight for your craving and compliment to the vast variety of food available in the Food Hall.

If you didn't know already, the first floor of The Forks Market now has a liquor licence so you can sip and shop or grab a seat in the stunning Food Hall, a space where you'll likely find a friend, a new favourite local drink and a new favourite busker.

As the weather warms up and we all want to head outside, in addition to a chilled beer, another favourite cool down treat is ice cream and Neon Cone at The Forks now has gelato and ice cream flights.

This family owned and operated gelato and ice cream joint has been at The Forks for more than twenty years and the flights all feature four made-in-house flavours.

With so many flavour options, you'll be thankful for the opportunity to have four scoops to assist with eliminating the decision making process. How are you ever going to choose from great gelato and ice cream flavours that include espresso flake, carrot cake with cream cheese ice cream, lemon, dark chocolate, honey lavender, London fog and more? The options are seemingly endless and Neon Cone can also accommodate with vegan, sugar-free and dairy-free options as well, making this the perfect summer spot for everyone.

Mix it up this summer with Movies on Memorial

Hundreds of Winnipeggers voted online to determine the 2017 Movies on Memorial theme.

After tallying up all the votes, a handful of '90s favourites was the winner! Enjoy The Little Rascals, Spice World, Jumanji and others, every Tuesday in August at Memorial Park.

Movies start at dusk. Don't forget to come early and enjoy some pre-movie entertainment including games, prizes and more!

2017 Movies on Memorial schedule:

Aug. 1: The Little Rascals
Aug .8: Spice World
Aug. 15: Space Jam
Aug. 22: It Takes Two
Aug. 29: Jumanji

Explore an iconic neighbourhood

Everyone knows the Exchange District is an incredibly walkable 30-square-blocks of shopping, culture, dining and history. What not everyone knows is every little fact about that history. Unless you're a Sabrina Janke.

Having worked as Tour Guide Supervisor with the Exchange District BIZ for the last year, Janke knows the ins and outs of every building (and every stone that went into building each turn of the century structure).

"I'm a history student, so it's really fun to actually tell people about it, because people think Winnipeg isn't exciting, and that's not true at all," Janke says. "The history is literally all around us here in the Exchange. Our streets are named after prominent Winnipeggers, the buildings haven't really been touched since the 1920s... it's sort of a weird way to experience what Winnipeg would've been like back when we were a big gateway city that actually had some global prominence that we may not realize we had."

In addition to your favourite historical Exchange walks, there are plenty of new tours debuting this summer; including the Capture the Exchange Photography Tour, the Savour the Exchange Food Tour, the Ales and Tales Pub Crawl, and the EXchange Marks the Spot Family Tour.

"On the pub crawl you get to hear about death and debauchery, which seems fitting for a tour where you're going around and drinking," Janke says with a laugh. "The family tour is a way to sort of get kids involved, because often the walking tours are a little bit harder for a six-year-old to have fun with." A partnership with the Winnipeg Architecture Foundation, the family tour involves such interactive kid-friendly components as a scavenger hunt and colouring book.

Another interactive tour debuting this year focuses on Design Quarter Winnipeg — an official designation of the city's central creative hub, which aims to act as an incubator for new innovation.

"We often forget that design is all around us, everyday. From the art we admire, to the food we eat, to the clothes we wear, everything is designed with intent," says Design Quarter's Executive Director Zephyra Vun. "Through community and collective collaboration, we are able to realize and appreciate the presence of design in all its varying forms."

The tour not only shows off these creative spaces, but provides a chance to engage with local fashion designers, chefs, and creators.

"The Exchange is where like-minded, creatives come together," Vun says. "The Design Quarter will not only strengthen this existing community of local businesses who address and bring awareness to design culture in their own unique way, but also provide a go-to resource for the public — a curation of highlighted design-related experiences within a walkable area of Winnipeg's core."

Visit exchangedistrict.org and designquarterwinnipeg.ca for more information.

-NICHOLAS FRIESEN

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THE EXCHANGE
DISTRICT BIZ

June 2017

- The HUB Rooftop: *June 1*
- Rattlesnake Music Festival: *June 2-3*
- Community Band Festival: *June 3-4*
- DinoSnores: A Night at Manitoba Museum: *June 3*
- Table for 1200 More: *June 3*
- Pride Winnipeg 30th Anniversary Parade: *June 4*
- TEDx Winnipeg: *June 6*
- ArtWalk: *June 7*
- 35th Annual Kidsfest: *June 8-11*
- Winnipeg International Salsa Congress: *June 9-11*
- Flatlander's Beer Festival: *June 9-10*
- 36th Annual Tauber Music Festival: *June 11*
- Winnipeg International Jazz Festival: *June 15-25*
- Aboriginal Day Live: *June 21*
- The HUB Rooftop: *June 29*
- Carbone Block Party: *June 30 & July 1*
- Downtown Farmers' Market: *Thursdays, 10 a.m. – 3 p.m.*
- Downtown Tours: *Six exciting tours. Details on our website*
- Fitness in the Park: *Stay fit and have fun. Details on our website.*
- Downtown Concert Series: *Tues. – Cityplace, 12 - 1 p.m. | Thurs. – Edmonton St., 12 - 1 p.m.*

July 2017

- 201 Portage Canada Day Living Maple Leaf: *July 1*
- Canada Day at The Forks: *July 1*
- Rural & Northern Juried Art Show: *July 2-30*
- ArtWalk: *July 8, July 19*
- Manitoba Liquor & Lotteries Folklorama Kick-Off: *July 29*
- Canada Day Living Maple Leaf: *July 1 – Portage & Main*
- Downtown Farmers' Market: *Thursdays, 10 a.m. – 3 p.m.*
- Downtown Tours: *Six exciting tours. Details on our website.*
- Fitness in the Park: *Stay fit and have fun. Details on our website.*
- Downtown Concert Series: *Tues. – Cityplace, 12 - 1 p.m. | Thurs. – Edmonton St., 12 - 1 p.m.*

August 2017

- Folklorama: *Aug. 6-19*
- Winnipeg BBQ and Blues Festival: *Aug. 11-12*
- Interstellar Rodeo: *Aug. 18-20*
- Easter Seals Drop Zone: *Aug. 22*
- Ribfest: *Aug. 25-27*
- Winnipeg Classic Rock Fest: *Aug. 29*
- Downtown Farmers' Market: *Thursdays, 10 a.m. – 3 p.m.*
- Downtown Tours: *Six exciting tours. Details on our website.*
- Fitness in the Park: *Stay fit and have fun. Details on our website.*
- Downtown Concert Series: *Tues. – Cityplace, 12 - 1 p.m. | Thurs. – Edmonton St., 12 - 1 p.m.*
- Movies on Memorial: *Every Tuesday at Memorial Park. Movies start at dusk.*

September 2017

- Manyfest: *Sept. 8-10*
- Nuit Blanche: *Sept. 30*
- Downtown Farmers' Market: *Thursdays, 10 a.m. – 3 p.m.*
- Downtown Tours: *Six exciting tours. Details on our website.*
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